

Richardson I.S.D.

Aug 24, 2009 thru Sep 4, 2009 Spreadsheet - Portion Values Breakfast in a Bag / Elem

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Mon - 08/24/2009															
Breakfast in a Bag / Elem	Total	300													
Pop Tarts, Strawberry, 2ct.	2 pop tarts	300	410	0	340	2.00	3.60	20.0	1000	200	0.00	5.0	75.0	10.0	2.00
Juice, Orange, 6 fl oz	carton	300	80	0	45	0.00	0.00	0.0	100	20	72.0	1.0	20.00	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			611	6	544	2.00	3.82	315.2	1589	342	73.80	14.11	114.11	11.19	2.77
% of Calories												9.2%	74.7%	16.5%	4.1%

Tue - 08/25/2009															
Breakfast in a Bag / Elem	Total	300													
Cereal, Honey Nut Chee/96/case	1 box	300	82	0	142	1.49	3.37	74.9	375	158	4.5	2.2	16.2	1.1	0.00
Waffles/DeWafelbakker/wrapped	2waffles/pk	300	200	55	180	0.50	1.08	20.0	0	0	0.00	3.0	23.0	10.00	2.00
Juice, Fruit Blend, 6 fl oz	carton	300	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			494	61	501	1.99	4.67	410.1	864	280	21.29	14.36	81.31	12.31	2.77
% of Calories												11.6%	65.9%	22.4%	5.1%

Wed - 08/26/2009															
Breakfast in a Bag / Elem	Total	300													
Yogurt/Upstate/4 ozCup/48ct/cs	4 oz cup	300	90	0	75	0.00	0.00	301.1	0	0	1.2	3.0	19.1	0.00	0.00
Pretzel, Soft, Cinnamon Raisin	1 each	300	190	0	220	2.00	2.70	0.0	0	0	0.00	6.0	39.0	1.0	0.00
Cream Cheese, 1 oz., Condiment	1 oz	300	97	31	91	0.00	0.11	27.8	359	108	0.00	1.7	1.2	9.7	5.47
Juice, Orange, 6 fl oz	carton	300	80	0	45	0.00	0.00	0.0	100	20	72.0	1.0	20.00	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			579	37	590	2.00	3.02	624.0	948	250	75.00	19.80	98.31	11.89	6.24
% of Calories												13.7%	68.0%	18.5%	9.7%

Thu - 08/27/2009															
Breakfast in a Bag / Elem	Total	300													
Cereal, Frosted Flakes/96/case	1 box	300	104	0	131	0.51	6.64	0.9	556	206	7.6	1.2	25.8	0.1	0.02
Crackers, Animal,Zoo, Keebler	1 each	300	130	0	90	1.00	1.08	0.0	0	0	0.00	0.00	25.0	2.0	0.00
Juice, Fruit Blend, 6 fl oz	carton	300	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			445	6	400	1.51	7.93	316.0	1045	328	24.37	10.34	92.85	3.26	0.79
% of Calories												9.3%	83.4%	6.6%	1.6%

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	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Fri - 08/28/2009															
Breakfast in a Bag / Elem	Total	300													
Muffin, ReducedFatBanana1.8	muffin	300	170	30	180	1.00	5.40	40.0	1250	250	15.00	3.0	28.0	5.0	1.00
Cheese Stick, Mozz Wrapped,1oz	1 each	300	86	15	150	0.00	0.07	207.2	147	54	0.00	7.4	1.1	5.7	3.59
Raisins, Seedless, 1.5 oz. Box	box1.5oz	300	129	0	5	1.59	0.81	21.5	0	0	1.0	1.3	34.0	0.2	0.03
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			505	51	493	2.59	6.50	563.9	1886	427	17.79	19.79	82.22	12.06	5.39
% of Calories												15.7%	65.1%	21.5%	9.6%

Mon - 08/31/2009															
Breakfast in a Bag / Elem	Total	300													
Pop Tarts, Apple Strudel, 2ct.	pkg	300	400	0	330	1.00	3.60	0.0	1000	200	0.00	5.0	70.0	11.0	3.50
Juice, Orange, 6 fl oz	carton	300	80	0	45	0.00	0.00	0.0	100	20	72.0	1.0	20.00	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			601	6	534	1.00	3.82	295.2	1589	342	73.80	14.11	109.09	12.18	4.27
% of Calories												9.4%	72.6%	18.2%	6.4%

Tue - 09/01/2009															
Breakfast in a Bag / Elem	Total	300													
Cereal, Lucky Charms/96/case	1 box	300	107	0	179	1.24	4.85	105.2	490	198	6.1	1.9	21.9	1.0	0.16
Waffles/DeWafelbakker/wrapped	2waffles/pk	300	200	55	180	0.50	1.08	20.0	0	0	0.00	3.0	23.0	10.00	2.00
Juice, Fruit Blend, 6 fl oz	carton	300	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			519	61	538	1.74	6.15	440.4	980	320	22.94	13.96	86.95	12.14	2.93
% of Calories												10.8%	67.1%	21.1%	5.1%

Wed - 09/02/2009															
Breakfast in a Bag / Elem	Total	300													
Yogurt/Upstate/4 ozCup/48ct/cs	4 oz cup	300	90	0	75	0.00	0.00	301.1	0	0	1.2	3.0	19.1	0.00	0.00
Pretzel, Soft, 51% Whole Wheat	1 each	300	170	0	150	4.00	1.80	20.0	0	0	1.2	6.0	36.0	1.0	0.00
Cream Cheese, 1 oz., Condiment	1 oz	300	97	31	91	0.00	0.11	27.8	359	108	0.00	1.7	1.2	9.7	5.47
Raisins, Seedless, 1.5 oz. Box	box1.5oz	300	129	0	5	1.59	0.81	21.5	0	0	1.0	1.3	34.0	0.2	0.03
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			607	37	480	5.59	2.93	665.5	848	231	5.19	20.12	109.36	12.09	6.27
% of Calories												13.3%	72.1%	17.9%	9.3%

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Aug 24, 2009 thru Sep 4, 2009 Spreadsheet - Portion Values Breakfast in a Bag / Elem

	Portion Size	Plan Qty	Cals	mg Cholst	mg Sodm	g Fiber	mg Iron	mg Calc	IU Vit-A	RE Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat	g S-Fat
Thu - 09/03/2009															
Breakfast in a Bag / Elem	Total	300													
Cereal, Coco Puffs /96/case	1 box	300	113	0	151	1.42	4.25	94.4	8	0	5.7	0.9	24.6	1.4	0.00
Crackers, All-Sports, 300/1oz	package	300	115	0	90	0.00	1.98	10.0	250	50	3.0	2.0	20.0	3.0	0.00
Juice, Fruit Blend, 6 fl oz	carton	300	90	0	20	0.00	0.00	20.0	0	0	15.0	1.0	23.0	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			440	6	420	1.42	6.45	419.6	747	172	25.47	12.06	86.66	5.60	0.77
% of Calories												11.0%	78.8%	11.5%	1.6%

Fri - 09/04/2009															
Breakfast in a Bag / Elem	Total	300													
Muffin, ReducedFatBlueberry1.8	muffin	300	160	30	190	1.00	4.50	40.0	1250	250	15.00	3.0	27.0	5.0	1.00
Cheese Stick, Mozz Wrapped,1oz	1 each	300	86	15	150	0.00	0.07	207.2	147	54	0.00	7.4	1.1	5.7	3.59
Juice, Orange, 6 fl oz	carton	300	80	0	45	0.00	0.00	0.0	100	20	72.0	1.0	20.00	0.00	0.00
Milk , Fat Free Chocolate	1/2 pint	150	140	0	210	0.00	0.36	300.0	500	100	3.6	8.0	26.0	0.00	0.00
Milk,1% Unflavored	1/2 pint	150	102	12	107	0.00	0.07	290.4	478	144	0.00	8.2	12.2	2.4	1.54
Weighted Daily Average			447	51	543	1.00	4.79	542.4	1986	446	88.80	19.47	67.17	11.86	5.36
% of Calories												17.4%	60.1%	23.9%	10.8%

Weighted Average			525	32	504	2.08	5.01	459.2	1248	314	42.85	15.81	92.80	10.46	3.76
												12.1%	70.7%	17.9%	6.4%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	525		498	105%			
Cholesterol (mg)	32		0				
Sodium (mg)	504		0				
Fiber (g)	2.08		0.00				
Iron (mg)	5.01		2.63	190%			
Calcium (mg)	459.2		214.29	214%			
Vitamin A (IU)	1248		839	149%			
Vitamin A (RE)	314		168	187%			
Vitamin C (mg)	42.85		11.43	375%			
Protein (g)	15.81	12.05%	7.34	215%			
Carbohydrate (g)	92.80	70.74%	0.00				
Total Fat (g)	10.46	17.94%	<30.00				
Saturated Fat (g)	3.76	6.44%	<10.00				

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

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